

HEALTH & WELLNESS

Healthbeat

Trust contributes \$150,000 to Alzheimer's Association effort

The Alzheimer's Association-Western Carolina Chapter has been awarded a \$150,000 grant by the Kate B. Reynolds Charitable Trust of Winston-Salem to support Project CARE (Caregiver Alternatives to Running on Empty), a program offering respite assistance to eligible Alzheimer's families in Forsyth County as well as in Polk, Rutherford, Henderson and Transylvania counties.

"The Alzheimer's Association serves thousands of families each year with information, education and support," Interim Executive Director Joe Connolly said. "This three-year grant from the Kate B. Reynolds Charitable Trust will give us the resources to expand support to care-givers in Forsyth County with vital respite assistance and case management services."

The Alzheimer's Association is the premier source of information, education and support for the millions of individuals and families affected by Alzheimer's disease. Founded in 1980, the nonprofit association is the largest private supporter of Alzheimer's research. The association's Triad Area Office in Winston-Salem serves more than 22,000 families affected by Alzheimer's disease in Alamance, Caswell, Davie, Davidson, Forsyth, Guilford, Randolph, Rockingham, Stokes, Surry and Yadkin counties.

The Kate B. Reynolds Trust was created in 1947 by the will of Mrs. William N. Reynolds of Winston-Salem. Three-fourths of the trust's grants are designated for use for health-related programs and services across North Carolina and one-fourth to the poor and needy of Winston-Salem and Forsyth County.

For more information about Project CARE, call the Alzheimer's Association at 725-3085.

Hospice to offer healing grief workshop involving the arts

The Carousel Center of the Hospice & Palliative Care Center will hold two Healing Grief: Art from the Heart Workshops in August, both designed for children, ages 6 to 17, who are living with an illness and their parents. The workshops, which are scheduled for Aug. 6-13 from 5:15 to 5:15 p.m., will be held at the Sawtooth Center for Visual Art, 226 N. Marshall Street in downtown Winston-Salem.

Stokes County artist Martina Moore as well as a board-certified, registered art therapist from Hospice will lead the August workshops. The workshops are free, but registration is required. Each workshop is limited to eight participants.

To find out more or to register, contact Susanna Lund at 768-3972. Lund is a counselor and board-certified, registered art therapist for Hospice's Carousel Center, which offers infant and child palliative care as well as bereavement and grief counseling to children and their families.

CDC: HIV cases on the rise for gay and bisexual men

ATLANTA (AP) - New HIV cases continue to rise for gay and bisexual men, prompting health officials to worry about a potential resurgence of the virus among that group, federal officials said Monday.

HIV diagnoses increased by 7.1 percent between 2001 and 2002 for that group. Since 1999, reports of new HIV infections have increased by 17.7 percent for gay and bisexual men, the Centers for Disease Control and Prevention said.

"The increase in HIV diagnoses adds to our concern of a resurgence in the HIV population," said Dr. Ronald Valdiserri, deputy director of the CDC's National Center for HIV, STD, and TB Prevention.

Last year, there were 42,136 AIDS diagnoses, a 2.2 percent increase, and 16,371 AIDS deaths, a decline of 5.9 percent from the previous year. That means the dramatic progress against AIDS using antiretroviral treatment is leveling off, Valdiserri said.

"Although effective treatments are an essential part of the fight against HIV, the only truly effective way — is to prevent HIV infection in the first place," he said.

Florida Supreme Court justice receiving chemo for breast cancer

TALLAHASSEE, Fla. (AP) - Florida Supreme Court Justice Barbara Pariente has breast cancer and will undergo months of chemotherapy, a court spokesman said.

The 54-year-old justice from West Palm Beach underwent a double mastectomy last month. She chose to remove one breast as a purely preventive measure, spokesman Craig Waters said Wednesday.

She'll receive biweekly chemotherapy treatments through October, but she doesn't intend to absent herself from the court and has an excellent long-term prognosis, he said.

"She fully intends to engage in argument and conference this fall," Waters said. "Her doctors are being a little more cautious than she is, warning that the chemo may make her tired. But if you know Justice Pariente, she's never tired."

The chemotherapy was optional, but Pariente elected the more aggressive treatment for extra assurance that the cancer will not recur, Waters said.

Pariente, nominated by Gov. Lawton Chiles in 1997, is one of seven judges on the court and considered by some to be one of the most liberal.

She has not missed participating in any cases because of the cancer. Two weeks ago, she wrote a separate, concurring opinion in the decision to strike down a 1999 law requiring doctors to notify an underage girl's parents before performing an abortion.

If Pariente does take a leave of absence, the court still can sit and render decisions with six justices, Waters said.

Danny Glover to keynote AIDS meeting

BY KATHY SALMON
THE DALLAS EXAMINER

DALLAS (NNPA) - Actor Danny Glover, star of several movies, who serves as a goodwill ambassador for the United Nations Development Program and travels the world to promote HIV/AIDS awareness and prevention, will be the keynote speaker at The Dallas Examiner's first town hall meeting on HIV/AIDS.

The town hall meeting, co-sponsored with the Los Angeles-based Black AIDS Institute, will be held from Aug. 6, at the Inspiring Body of Christ Church.

"The Dallas Examiner made a commitment last year to help inform our community about the devastating effect HIV/AIDS has on the African-American community," said publisher Mollie Belt. "We started by increasing the number of articles in our paper on the topic. Last month, we created a 12-page supplement titled 'Battling HIV/AIDS in Our Community.'

"Our reporting shows that many people, especially young people in Oak Cliff, are failing to



Actor Danny Glover talks to kids about fire safety.

change their behaviors and take the necessary precautions to keep themselves healthy," she said. "We realized that people needed even more information. The town hall meeting is just one method we are using to increase awareness."

Expected panelists include U.S.

Rep. Eddie Bernice Johnson, (D-Dallas); Dr. E. Keith Rawlings, medical director of the Peabody Health Center; Rev. Rickie G. Rush, pastor of IBOC; Rev. Sheron C. Patterson, pastor of St. Paul United Methodist Church; and Phil Wilson, executive director of Black

AIDS Institute.

Individuals featured in the Examiner's AIDS supplement, such as Sharon Hunter and Joycelyn Johnson from the "Betrayal Story," also are expected to attend.

Other sponsors for the town hall meeting include IMANI, AIDS Arms Inc., La Sima Foundation and Renaissance III Center.

Glover, star of the "Lethal Weapon" movie series, and actress Sheryl Lee Ralph are the invited guests for the VIP, invitation-only reception that will be held as part of The Examiner's Salute to the Black Press, held in conjunction with the Texas Publishers Association. That event, held this year to coincide with the National Association of Black Journalists convention that will be held in Dallas, is scheduled for Aug. 8 at the African American Museum.

The museum will exhibit "Heroes in the Struggle," a photographic exhibit honoring individuals who have joined the fight against HIV/AIDS, during the reception and for a limited time to the public.



A nutritionist checks the weight of an 8-year-old patient she is counseling.

Less junk foods, more activity can help fat kids

SPECIAL TO THE CHRONICLE

Why are kids getting fat? Two reasons: eating the wrong foods and lack of physical activity, said Mara Vitolins, Dr. P.H., of Wake Forest University Baptist Medical Center.

"Kids are prone to displace healthy foods with junk foods," said Vitolins, a nutritionist and registered dietitian. "They hear and see lots of advertisements for foods that have few nutrients and are loaded with sugar and salt."

Vitolins, assistant professor of public health sciences (epidemiology), said: "If your child infrequently consumes small amounts of junk food (once or twice a week), there's no need to worry. However, if this is a regular event, start changing that pattern slowly, and the sooner the better."

She suggested a number of specific steps.

1. Don't buy junk foods, even for yourself.

Gatorade, UNC team up to fight obesity in kids

SPECIAL TO THE CHRONICLE

CHAPEL HILL - The University of North Carolina at Chapel Hill and the Gatorade Co. launched on July 21 a \$4 million, multi-year partnership - "Get Kids in Action" - whose goal is to identify successful strategies that will help reduce and prevent childhood obesity.

U.S. Surgeon General Richard Carmona and Washington Freedom soccer star and UNC alumna Mia Hamm helped launch the partnership, which will focus on research, education and outreach, with remarks at a Washington, D.C., ceremony.

"We are seeing a generation of kids who are growing

See Gatorade on C3

See Junk food on C3

Grant to help direct state's care workforce

SPECIAL TO THE CHRONICLE

The North Carolina Foundation for Advanced Health Programs has been selected as one of five organizations in the nation to receive a grant funded by The Robert Wood Johnson Foundation and The Atlantic Philanthropies, through the Better Jobs, Better Care national program. The 42-month project seeks to improve the recruitment and retention of quality direct care workers - nursing assistants, home health aides, and personal attendants who provide necessary care and support for elderly people with chronic diseases or disabilities.

As is the case for many states, many North Carolina long term care agencies and facilities are experiencing shortages and high turnover rates among essential care providers. The aging of the population is expected to dramatically increase the need for direct care workers to meet increased demand for long-term care services.

"Direct care workers are the front-line employees of the formal long-term care system," said Jim Bernstein, president of the North Carolina Foundation for Advanced Health Programs.

"This workforce is essential to quality care." Direct care workers assist with many basic life tasks such as bathing, eating and dressing. Many also perform more advanced tasks such as taking vital signs and catheter care. Recruiting and retaining quality direct care workers can be challenging given some of

See Grant on C3

More black seniors go without prescription drugs

SPECIAL TO THE NNPA

The African-American elderly receiving Medicare are more than twice as likely as Whites to go without prescription drugs, according to a recent study.

The study, conducted by the Center for Studying Health System Change, reveals that Medicare does not cover the majority of prescription medicines given outside hospitals.

"There's no question that the lack of Medicare prescription drug coverage falls disproportionately on African-American seniors," Paul Ginsburg, president of the Center for Studying Health System Change, told reporters.

Based upon a 2001 survey of 60,000 people, the study included about 7,770 elderly Medicare recipients. It revealed that

16.4 percent of elderly Blacks reported they could not afford to fill at least one prescription in the previous year, compared to a 6.8 percent of elderly Whites.

Researchers said that nearly half of the gap is attributable to differences in income, supplemental insurance and chronic conditions. As a group, Whites are wealthier, more likely to have private insurance and less likely to have chronic health conditions.

